MEMORY PROJECT

TOPIC 4a - GROUP ACTIVITY Walking and Talking

This activity can be used to help members of the group get talking easily about a wide range of topics. It can be useful at different times in the training programme. Today it is being used to encourage everyone to talk about their hopes and fears about making Memory Books and some of the other ideas that have been raised so far.

Procedure:

- Ask group members to clear chairs or mats out of the way.

- Explain that you want them to walk around the room or the compound at an easy pace. It's a bit like walking through the market. Every now and then you will call out STOP and you want them to stop and look around till they spot someone they would like to chat with.

- Explain that you want them to talk about anything coming out of today's introduction to the Memory Book

  – It might be their worries about taking on a huge task,

  – How will they cope if reading and writing are difficult?

  – How will they find all the information they need?

  – How can they get background on the children's father if he is no longer around?



- After 2 or 3 minutes talking time ask them to move on again.

- Repeat the process a few times until everyone has had time to talk or listen to each others questions and worries.

- Bring everyone back together to share their questions and feelings.

- Write down any important ideas and questions and reassure the group that these will be covered in later parts of the workshop.
  (Trainer be sure to keep this list of available for the rest of Topic 4 so you can tackle any problems as you go along.)